

ANNEXURE – B.I

INTERNATIONAL TRAINING / COMPETITION / EXPOSURES (SENIOR)

Name & Location of Competition	Composition of Participants				Period		Total Days	Status of Competition	Estimated Expenditure (in INR)
	Players	HPD	Coaches	Support Staff	From	To			
Singapore Weightlifting International	20	--	5	3	18.2.2022	20.2.2022	3	Mandatory (Qualifying)	Rs.24,44,250/-
Total									
Rs.24,44,250/-									

ANNEXURE – B.II

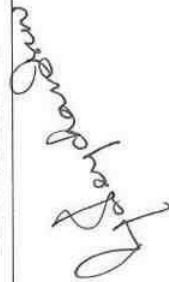
NATIONAL CHAMPIONSHIP (YOUTH / JUNIOR / ELITE)

Name of Championship	Details			Period		Total Days	Venue	Estimated Expenditure (in INR)
	Category/ Age Group	Expected no. of States/UT	Proposed date of submission of proposal	From	To			
Youth Nationals	Youth	25-30	One month before	1.1.2022	31.3.2022	8	Bhubaneswar	Rs.7,20,000/-
Total								
Rs.7,20,000/-								

GRANT TOTAL

ANNEXURE – B

RS.31,64,250/-



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

ACTC 2022-2023 for Weightlifting

**Minutes of ACTC meeting held on 14th March, 2022: Indian Weightlifting
Federation (IWLF)**

A meeting to finalize the Annual Calendar for Training and Competition (ACTC) for Weightlifting for the year 2022-23 was held on 14th March 2022 at 12.10 PM under the Chairmanship of Smt. Sujata Chaturvedi, Secretary (Sports) MYA&S at the Conference Hall, Sports Authority of India HQ, New Delhi. The list of participants is annexed.

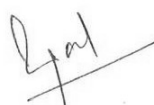
2. At the outset, President IWLF listed the projected targets for Weightlifting including Asian & Commonwealth Games 2022, and submitted the following measurable outcomes:

Category	Events	Participation	TOP 8	Medals
Senior	Olympics 2024	4-6	1-2	1
	Olympics 2028	4-6	1-2	2
	Senior World Championship 2022	16	2	1
	Olympic Qualification Events	12	4	5-8
	Asian Games 2022	10-12	3	1
	Commonwealth Games 2022	15	3	12-15
Junior	Youth Olympics 2022	4	2	2
	Youth/Junior World Championships 2023	20	4	2
	Asian Youth Games 2022	20	6	8
	Youth Asian Championships 2022	20	6	8
	Commonwealth Youth Games 2023	20	4	16
	Commonwealth Youth Championship 2022	20	4	16
	Junior Commonwealth Championship 2022	20	4	16

3. IWLF presented the plans for the National Coaching Camps and Foreign Exposures for events leading to Asian Games 2022 in September. The budget summary was presented thereafter in accordance with the revised norms for funding under Scheme of Assistance to NSF.

4. In accordance with the minutes of ACTC held on 2nd November 2021, some of notable achievements of IWLF for the ACTC 2021-22 were presented as follows:

- 4.1 Periodic scientific tests of National Campers have been conducted by IWLF and the information was shared with SAI.
- 4.2 National Coaching Camps are being conducted by IWLF based on the medal probability for the upcoming Commonwealth Games, 2022 and Asian Games, and Olympics 2024 in targeted events.



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

5. Shri Sahadev Yadav, President, IWLF made the following commitments, which were included as binding decisions as a part of approved ACTC calendar and budget:

- 5.1 More focussed and targeted Junior Development Programme with ratio for expenditure for Senior and Junior age groups as presented in the ACTC proposal.
- 5.2 Gender Budgeting to be done so as to ensure equal expenditure for Men and Women.
- 5.3 Strengthening and capacity building in National Camps through inclusion of Sports Science Staff and ensuring scientific evaluation of campers and targeted interventions thereof. Data management of performance evaluation be ensured.
- 5.4 Maintaining a proper system of utilisation of government grants under the scheme.
- 5.5 Displaying of grants received through the scheme on website of IWLF.
- 5.6 Strict compliance of WADA Code and NADA rules, details of educational plans for athletes and display of Anti-Doping awareness programmes on their respective websites.
- 5.7 Putting in place an HPD for junior development program under TOPS NCOE.
- 5.8 Partnership for various programs under Khelo India

6. The calendar and budget were considered and approved with modifications pursuant to deliberations. The total budget for the ACTC was approved for IWLF up to March, 2023 with a cap of **Rs. 11.00 Crores**; of this 10% is earmarked for contingencies and 3% for administrative expenses of the NSF as per norms of MYAS circular dated 28th February 2022. It is emphasized that NSF will allocate adequate budget as demanded for Asian Games & Commonwealth Games 2022 & ensure that all the needs of athletes as projected under ACTC are fulfilled.

7. The budget is approved along with calendar placed at **Annexure** for the following requirements:

7.1 National Coaching Camp (Senior)

A limit of maximum of 300 camp days in a year for seniors shall be adhered to.
Placed at Annexure-I.1

7.2 National Coaching Camp (Junior)

A limit of 60 camp days in a year for juniors shall be adhered to. The junior national campers shall henceforth train at the National Centres of Excellence (NCOE) and the campers are to be admitted in the NCOEs of their choice, as per availability. *Placed at Annexure-I.2*

7.3 Foreign Training & Competition (Senior & Junior)

7.3.1 Foreign Exposure in all age groups and across all events should be with a focused approach on targeted events where there are realistic medal



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

chances and with commensurate exposures to the Junior Group. Further, a limit of 90 days in a year for training and competition abroad has to be adhered to. *Placed at Annexure- II-III*

7.3.2 IWLF to ensure that different teams across weight categories shall participate in different international competitions as per the level of the competition to maximise exposure among the bench. The final team will be decided based on the analysis of the international benchmarks of the tournament against performance of the players.

7.4 Remuneration- Indian Coaches & Support Staff

The names and salaries of the coaches and support staff to be empanelled for the National Coaching Camp shall be approved separately by the Empanelment Committee **by 30.04.2022**. *Placed at Annexure-IV.*

7.5 Remuneration- Foreign Coaches & Support Staff

The overall expenditure of foreign coaches & support staff shall not exceed 30% of the total budget sanctioned under ACTC. *Placed at Annexure- V*

7.6 Equipment (Consumables & Non-Consumables)

The NSF to procure equipment as per circular of MYAS. *Placed at Annexure-VI.*

7.7 Domestic Competitions

Placed at Annexure- VII.

8. The proposed ACTC is approved within the approved budgetary ceiling as stated at Para 6 above. A review would be undertaken after Asian Games 2022, in the month of October 2022, based on the achievements of Asian Games 2022 and targeted preparation for Olympics 2024, for any additional requirement of funds subject to availability of budget under the 'Assistance to NSF' Scheme.

9. Modifications to the calendar can be made by NSF with the approval by DG SAI within the overall approved budget. It is reiterated that all the guidelines mentioned in MYAS circular dated 28th Feb will be adhered to.

10. IWLF requested for clarifications regarding the following provisions of the MYAS circular dated 28th Feb 2022:

- a. Ceiling for boarding & lodging entitlement abroad of USD 150 per day per person when organizers are making arrangements was deemed insufficient in certain cases. It was agreed to take up such proposals on case-to-case basis.
- b. Provision for "Food Supplements" was not implicit in the revised norms. It was agreed to revisit the issue.
- c. NSF has no other issue on the above guidelines.



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

11. Secretary (Sports) emphasised on the following aspects:
- a. IWLF should closely monitor Asian Games & Commonwealth Games preparation & ensure that all needs of the medal probable athletes are fulfilled.
 - b. IWLF should conduct more competitions at district and zonal level and also state level competitions in every state in order to develop the sport.
 - c. IWLF should prepare the roadmap to Olympics 2024 with detailed training plan. IWLF should also make complete plan for excellence in 2028 & 2032 Olympics which includes strengthening junior development programme under TOPS NCOE, strengthening domestic competition structure in lines with best practices in the world, coach development plan to reduce reliance on foreign coaches, referees'/judges' development, athlete education, grassroots development plan, etc. Complete plan may be submitted by **15th April 2022**, post which separate discussion would be held.
 - d. IWLF shall include scientific sports staff such as strength & conditioning experts, doctors, nutritionists, physiologists etc. in the national coaching camp to strengthen the coaching camp and enhancing the performance of the weightlifters at international level.
 - e. IWLF shall also ensure regular dope testing of the weightlifters in the national coaching camps as well as competitions to make weightlifting a dope free sport.
 - f. IWLF shall conduct regular athlete education programmes/awareness programmes to educate the weightlifters on doping awareness.
 - g. IWLF should conduct grassroots training program for PE teachers & other trainers under e-Khel Pathshala program. It was agreed that the IWLF would provide all support for development of modules for the programme & monitor implementation.
 - h. Alternate training and competition plans should be prepared to cater for any possible further outbreaks of COVID-19. Also, strict protocols should be put in place to avoid COVID-19 infections during training.
 - i. Training and competitions for athletes should cater for adequate recovery and peaking at the right time to ensure maximum medal probability.

The meeting ended with a vote of thanks to the Chair.


Divya Jeychandren
Deputy Director, TOPS

**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

Annexure

List of participants: -

1. Mr. Sandip Pradhan, DG (SAI)
2. Cmde. PK Garg (Retd.), C.E.O. (TOPS), SAI
3. Col. Rakesh Yadav, Jt. C.E.O (TOPS), SAI
4. Mr. S.P.S Tomar, Deputy Secretary, MYAS
5. Ms. DivyaJeychandren, SDO (Weightlifting), TOPS, SAI
6. Mr. Mohit Bhatia, DO (Weightlifting), TOPS, SAI
7. Ms. Hudaibia, LR (Weightlifting), TOPS, SAI
8. Mr. Debarshi Dutta, ARM (Weightlifting), TOPS, SAI

Representatives of Indian Weightlifting Federation present in the meeting: -

1. Mr. Sahdev Yadav, President, IWLF
2. Mr. Arnab Das, CEO IWLF
3. Mr. Vijay Sharma, Chief National Coach



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

Annexure -I.1

National Coaching Camp (Sr.)

Purpose of Coaching Camp	Composition of Participants				Total Days	Venue
	Players	HPD	Coaches	Support Staff		
Preparations for Commonwealth & Asian Games and other international events / qualifying events for Paris OG qualifiers - Senior World Championships	40	-	8	6	300	SAI, NS NIS, Patiala



National Coaching Camp (Jr.)

Purpose of Coaching Camp	Composition of Participants				Total	Venue
	Players	HPD	Coaches	Support Staff		
Preparations for IWF Junior World & Youth World Championships-2022, for Asian Youth & Junior Championships and Commonwealth Youth and Junior Championships	50	-	7	3	60	SAI, NSNIS, Patiala



**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

Annexure - II

International Competition/Foreign Training (Sr.)

S. No.	Name of training cum competition abroad	Composition of the participants			Total days	Venue
		Players	Coaches Indian/Foreign	Support staff/Referee/ Manager		
1	Commonwealth Games-2022	16	4	3	90	Birmingham, U.K.
2	Asian Games-2022	14	4	2		Hangzhou, China
3	2022 IWF Senior World Championships [Qualification for Paris OG]	20	5	1		Chongqing, China
4	2021 Asian Senior Weightlifting Championships [Qualification for Paris OG]	20	5	1		TBA, Philippines
5	2023 IWF Senior World Championships [Qualification for Paris OG]	20	5	1		Riyadh, Saudi Arabia
6	Foreign training camp for preparations for 2024 Paris OG qualification events	6	2	2		St. Louis, USA
7	Foreign training camp for preparations for CWG-2022	15	5	2		Birmingham, U.K.
8	Foreign training camp for preparations for IWF-2022	6	2	3		St. Louis, USA



SPORTS AUTHORITY OF INDIA
TOPS DIVISION

Annexure – III

International Competition (Ir.)

S. No.	Name of training cum competition abroad	Composition of the participants			Total days	Venue
		Players	Coaches Indian/foreign	Support Staff/Referee/Manager		
1	2022 IWF Junior World	10	3	2+1+1	90	Hersonissos, Greece
2	2022 IWF Youth World	10	3	2+1+1		Leon, Mexico
3	2022 Asian Youth & Junior	40	8	2+2+1		Tashkent, Uzbekistan
4	2022 Commonwealth Youth & Junior	40	8	2+2+1		TBA
5	2023 Asian Youth & Junior	40	8	2+2+1		TBA

[Handwritten Signature]

**SPORTS AUTHORITY OF INDIA
TOPS DIVISION**

Annexure- IV

Remuneration- Indian Coaches & Support Staff

Designation	Numbers
Coaches on contract	2
Coaches on deputation	6
Head Physiotherapist	1
Physiotherapist	1
Masseur / Masseuse	2

Annexure-V

Remuneration- Foreign Coaches & Support Staff

Designation	Numbers	Remuneration
High Performance Director	1	USD 4500 per month + Taxes + Other allowances as per contract



SPORTS AUTHORITY OF INDIA
TOPS DIVISION

Annexure-VI

Equipment (Consumables & Non-Consumables)

Items	Quantity
NIKE Shoes	40 pairs
Knee caps	40 pairs
Imported belts	40 nos.

Sr. No.	Item
1	Annual ranking system maintenance of website
2	Devising of athlete monitoring system for national camps



SPORTS AUTHORITY OF INDIA
TOPS DIVISION

Annexure- VII

Domestic Competitions

Category	Amount
Senior men & women	As per norms
Junior men & women	
Youth men & women	

